



City of Chula Vista Recreation Department
2016 February Calendar of Events

www.chulavistaca.gov/rec

AQUATICS

Loma Verde Aquatic Center
1420 Loma Ln, Chula Vista 91911
(619) 409-1984 Elizabeth Kovar
ekovar@chulavistaca.gov

Water Aerobics Class

Loma Verde Aquatic Center is holding water aerobics for ages 18 and up on Monday, Wednesday and Fridays from 11am-12:00noon (year round) Cost is \$4 per class or \$35 for 10 classes. Register here: <https://goo.gl/vTkBWa>

Water aerobics is a good way to get regular aerobic physical activity. Classes feature a warm-up, intensity progression, strength and agility work, and cool-down exercises. Class is conducted in shallow water.



Spring Swim Lessons

Loma Verde Aquatic Center is holding spring swim lessons for ages 6 months to adults starting on March 14, 2016. Fees start at \$35 for group lessons. Each class/session is two week swimming lesson from Monday-Friday. Each class runs 30 minutes. For more information or online registration please visit www.chulavistaca.gov/goto/swim



Parkway Aquatic Center
385 Parkway, CV 91910
Elizabeth Kovar (619) 409-1984
ekovar@chulavistaca.gov

Spring Swim Lessons

The first of the three week sessions begins February 22nd at **Parkway Aquatic Center, 385 Park Way** and is for those ages 6 months to adults. Chula Vista's Recreation Department is taking registration for swimming lessons that run continuously from spring through the fall. The 30 minute classes will be held on Monday, Wednesday and Friday. For more information or online registration please go to www.chulavistaca.gov/goto/swim.



High School Swim Team Clinic -

Is being hosted at **Parkway Aquatic Center** for ages 13-18 years; 1-hr classes ranging from 3-7pm from February 15-19th. The fee ranges from \$17.50-\$80 for CV Residents. High School Swim Season starts February 22nd, get the edge by starting a week ahead. These new courses provide conditioning, basic and refinement coaching for all levels. Private coaching also available. Coaches prepare challenging swim sets for all levels to get athletes in shape for the season. Register online or at any Chula Vista Recreation or Aquatics facility. <http://bit.ly/1SP4fdQ>



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Norman Park Senior Center
270 F St., Chula Vista 91910
Sandy Chavez (619) 409-1930
jmejia@chulavistaca.gov

**Diabetes Health Talk, Presented by
Scripps-**

for those that are 50+ on February 8, 2016 at 10am. This is a FREE event and snacks will be provided. Diabetes can lead to other dangerous health problems. The good news is that there are things you can do to take control of your diabetes to prevent its problems and lessen the complications. Come and learn how to recognize the signs and symptoms, testing for diabetes, understand how the medications work and how to manage it. A quality life with diabetes is possible. ***No registration required.**



VA Benefit Presentation

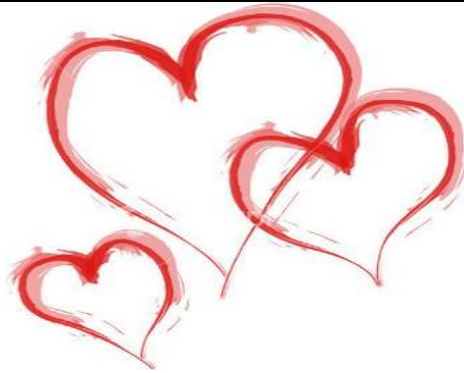
On February 25, 2016 at 10am for those ages 50+. This is a FREE event and snacks will be provided. This presentation will speak on how to qualify for the VA Aid and Attendance Benefit. This is designed for Veterans and their surviving spouses who need help paying for additional care in the home or help paying for Assisted Living Expenses. Even if you own your home and may have other assets, meet the experts and get an easy explanation of how it works. ***No registration required.**



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2016 February Calendar of Events
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Valentine's Lunch & Movie

for ages 50+ on February 12, 2016 from 12 Noon-2pm. The cost is \$6 for residents and \$8 for Non-residents. February is the month of the love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, games, and favor bags. Also, a special someone will also be crowned Queen of Hearts! <https://goo.gl/EIEuol>



Carnival Game Day –

On February 24th from 12pm-2pm, is for participants ages 50+ and the cost is FREE but pre-registration is required. This day will be filled with fun, games, demonstrations, and surprise entertainment. Don't miss out on the opportunity to play corn hole, ring throw, ping pong toss & more. Put your skills to the test and earn raffle tickets that can be redeemed for free popcorn, punch, and entry in our raffle! Register at <https://goo.gl/TNGIl7>

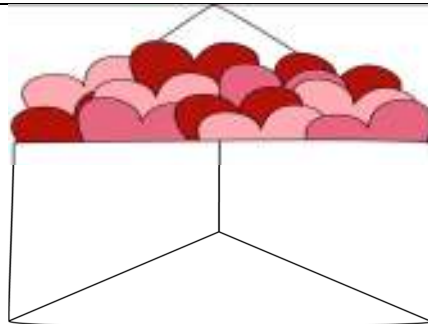


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Otay Recreation Center
3554 Main Street, Chula Vista 91911
Rosemary Brodbeck (619) 409-1999
rbrodbeck@chulavistaca.gov

Cupid's Workshop

Come join us for our **FREE** Cupid's Workshop on Wednesday, February 10th from 3pm-4:30pm. Participants ages 5yrs. – 12yrs will have the opportunity make your very own unique and home-made Valentine's Day card for that special someone. Supplies will be provided, and staff will demonstrate how to make a new pop up card.



Parkway Community Center
373 Park Way, Chula Vista 91910
Ruthie Heuton (619)409-1980
rheuton@chulavistaca.gov

Zumba –

Did you make a New Years resolution, less stress, lose weight, then enroll in our Zumba class. Participants will have fun while enjoying a good fitness workout. Zumba includes dancing with fitness to salsa, hip hop, merengue and more. New classes start every month. Monday & Wednesday 6:30-7:30pm, adult class; monthly fee is \$20 res / \$25 non res



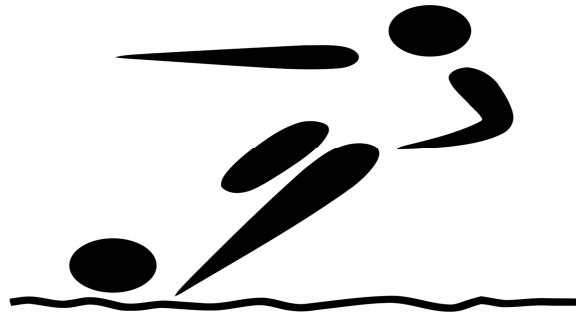
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2016 February Calendar of Events

www.chulavistaca.gov/rec

Arena/Indoor Youth Soccer –

Participants ages 6-14 will have the opportunity to play on the newly renovated soccer arena. Saturday games will be held at the Salt Creek Arena and the Otay Recreation Center. The Spring Soccer League is currently taking registration! Registration will close on February 18 or when the league is full. The league is coed and is open to youth of all skill level, begin to advance. All games will be played on Saturdays, March 19-May 21, fee is \$75 res/\$94 non res.



Playtime in Spanish –

Toddlers along with their parents (mommy or daddy) will play games, art activities and learn socialization skills. Fridays, February 12-March 4, 9-9:45am, ages 2 ½-4 years, fee is \$20 res/\$25 non res. Register here

<https://goo.gl/wLdecu>



Crafts for Little Sprouts –

Children will create a different project every week using a variety of mediums, paint, markers, etc. Parent participation is required. Come join us for some FUN! Thursdays, February 11-March 3, ages 2-5 years, 4-4:40pm, fee is \$20 res/\$25 non res. Register here:

<https://goo.gl/GwZol2>



Children Valentine Crafts –

Participants will make a variety of projects including valentine chocolate suckers. Saturday, February 6, ages 6-12, 11am-1pm, fee is \$10 res/\$13 non res. Register here:

<https://goo.gl/zXa1RD>

